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The Claims

33. (Currently amended) A leg exercise device having:
- a relatively rigid base;
 - ~~at least one two~~ first variable volume chambers mounted on or partially defined by the base;
 - ~~at least one two~~ second variable volume chamber mounted on or partially defined by the base;
 - ~~at least one passageway interconnecting the at least one first chamber with the at least one second chamber,~~
 - a volume of fluid less than the combined maximum volume of the first and second chambers being located in ~~at least one of the at least one each pair of~~ first and second chambers;
 - ~~a first two~~ surfaces, each sized and located to receive a respective first part of each of a user's foot-feet and convey compressive force between the first part and ~~at least one a~~ respective first chamber, and
 - ~~a second two~~ surfaces, each sized and located to receive a respective second part of each of a user's foot-feet and convey compressive force between the second part and ~~at least one a~~ respective second chamber, and
 - a valve;
 - at least one passageway interconnecting each of said chambers with said valve;
 - said valve having first and second states, wherein:
 - when in the first state the valve isolates first chambers from second chambers and links, via respective passageways, the first chamber provided for one foot with the first chamber provided for the other foot and links, via respective passageways, the second chamber provided for one foot with the second chamber provided for the other foot, and
 - when in the second state the valve isolates chambers of one foot from the chambers of the other foot and links, via respective passageways, the first chamber provided for one foot with the second chamber provided for the one foot and, via respective passageways, links the

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first chamber provided for other foot with the second chamber provided for the other foot.

34. Cancelled.

35. Cancelled.

36. (Currently amended) The device of claim ~~4~~33 wherein said first surface includes at least part of at least one of the first chambers.

37. (Currently amended) The device of claim ~~4~~33 wherein said second surface includes at least part of ~~at least one of the~~ respective second chambers.

38. (Currently amended) The device of claim ~~4~~33 wherein at least part of one of the first and second chambers is defined by a flexible wall or membrane.

39. (Currently amended) The device of claim ~~6~~ 38 wherein the flexible wall membrane is formed of an elastic material.

40. (Currently amended) The device of claim ~~6~~ 38 wherein the flexible membrane is formed of a substantially inelastic material.

41. (Currently amended) The device of claim ~~4~~33 further including at least one flexible membrane attached to the base, the base and at least part of the at least one flexible membrane defining at least one first chamber.

42. (Currently amended) The device of claim ~~9~~ 41 wherein the at least one flexible membrane defines at least one first chamber and at least one second chamber.

43. (Currently amended) The device of claim ~~9~~41 wherein the base has a recess for each chamber.

44. (Currently amended) The device of claim ~~9~~41 wherein the base has a substantially non-recessed surface on which the flexible membrane is mounted.

45. (Currently amended) The device of claim ~~9~~41 wherein the flexible membrane is secured to the base with at least one clamp.

46. (Currently amended) The device of claim ~~9~~41 wherein the at least one passageway includes at least one recesses in a surface of the base.

47. (Currently amended) The device of claim ~~4~~33 wherein the at least one passageway includes at least one external tube communicating one chamber with ~~at least one other chambers~~ said valve.

48. (Currently amended) The device of claim ~~4~~33 wherein the base includes first

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and second portions mounted to each other about a hinge line.

49. (Currently amended) The device of claim 433 wherein both portions each include ~~at least one~~ first and ~~at least one~~ second chamber.

50. (Currently amended) The device of claim 433 including at least one opening to at least one chamber through which fluid may be selectively introduced into or removed from the chamber.

51. (Currently amended) The device of claim 433 wherein the resistance to fluid flow between the first and second chambers is the same in both directions.

52. (Cancelled).

53. (Cancelled).

54. (Cancelled).

55. (Currently amended) The device of claim 433 including at least one mounting for attachment of the device to another object.

56. (Currently amended) The device of claim 433 wherein the base comprises a footrest for one or two of a user's feet.

57. (Currently amended) An article of furniture including the device of claim 433.